

Physical Activity: All Work and No Play, NOT!

Think of physical activities you enjoy and just do it!!

Regular physical activity reduces the risk of many chronic conditions, like high blood pressure and diabetes. Weight control is a benefit of regular physical activity; plus healthy bones, muscles and joints.

Physical activity does not have to be strenuous to be beneficial. Regular moderate-intensity physical activity, lasting 20 minutes, provides benefits.

An easy way to determine if you are participating in moderate-intensity physical activity is using the talk test. A person participating in light-intensity activity should be able to sing. If you can carry on a normal conversation while engaging in the activity, it is moderate-intensity. Becoming winded or too out of breath to carry on a conversation is considered vigorous activity.

Committing to regular physical activity can be difficult. Here are some tips to help:

- Be realistic. Gradually adding moderate-intensity physical activity will give you more energy. Don't overdo! You put yourself at risk of injury doing too much, too fast.
- Use a menu approach for adding activities. Think about activities you have wanted to do in the past and include them. Vary your routine.
- Replace negative thoughts with positive thoughts. When you say, "I should be better/faster by now," change it and say, "I have made some real improvements and I am where I need to be."
- Give yourself a pat on the back. Decide what would motivate you.
- Plan for setback. Accept that lapses will happen. This is not failure! If you do lapse, start back where you left off.



Is Quitting Smoking Your New Year's Resolution?

Here are a few steps to help you quit for good...

- **Get ready.** Think about your reasons for quitting, and write them down.
- **Pick a quit day.** Pick a day, and mark it on your calendar.
- **Ask friends and family for support.** Build a strong support system at home and work.
- **Consider nicotine replacement and other medications.** Talk with your doctor or healthcare provider.
- **Make a clean start.** The day before quitting, throw out all of your cigarettes, wash and put away ashtrays, wash your clothes to get rid of the smell of smoke, and clean your house and car also.
- **Getting through the first day.** Be prepared not to feel as good as usual.
- **Avoid triggers.** Avoiding those situations that make you want to smoke the most can make a huge difference.
- **Be prepared for temptation.** No matter how committed you are, at times you may crave a cigarette.
- **Get moving.** Exercise is a good way to relieve the stress and edgy feelings you may have when you first quit.
- **Don't give up.** If you slip and have a cigarette, don't give up.



Disordered Eating: What is it?

As we begin the New Year, most of us will make New Year's resolutions. One of the most popular resolutions is to lose weight and go on a diet. While this can be a good thing we must remember to be healthy about our dieting and avoid any drastic techniques or measures to achieve our goal. While the problem of eating disorders continues to rise among women and men, many young people suffer from "disordered eating". It often begins with a desire to lose weight and go on a diet. Disordered eating is when a person's attitudes about food, weight, and body size lead to very rigid eating and exercise habits. It is often the precursor to anorexia and bulimia.

Symptoms of disordered eating include skipping meals, eating in private, fear of weight gain, obsessed with calculating calories/fat grams, feeling out of control, feeling guilty, ashamed or disgusted about your eating habits and being consumed about your weight and body image. Most often adolescents will not initially fit into the bulimic or anorexia category but that does not mean they do not have a problem. If you find yourself or a friend consumed with these thoughts and behaviors talk to someone before the disordered eating begins to control your life and take its toll on your mental and physical well being.

Nutrition Nuggets: What is Metabolism??

You hear a lot about eating healthy and physical activity in terms of losing weight and staying healthy.

But how do calories and fat and physical activity affect your weight? A calorie is a unit of energy for your body. So your body uses calories as fuel for what it needs to do during the day. Each person's body needs a certain number of calories just to maintain its routine functions (breathing, heart beating, hearing, seeing, digesting food, going to the bathroom, etc.). This number of calories needed for your body to simply be alive is your metabolism. Each person's metabolism is different. You may have a higher metabolism than your friends or siblings. Any other activities that you do during the day will require additional calories on top of what you need for your metabolism. So if you walk 3 miles one day, clean your room, walk the dog, and play basketball, you will need many more calories in addition to what your body needs for its metabolism.

The reason we have to be careful with calories is that sometimes we eat many more calories than our metabolism and daily activities combined will burn off. The extra calories that we eat are then stored as fat on our bodies and we gain weight. This is the reason that people try to cut back on their portions and eat lower calorie foods when they are trying to lose weight.

Another good way to avoid gaining weight is to increase your physical activity with exercise or other fun active sports. The more your body moves in a day, the more calories it will burn. That way, fewer calories get stored as fat. Exercise is also a good way to boost your metabolism, so that even when you can't exercise, your body will still need



to burn more calories to do its routine functions. The only way to increase your metabolism is through exercise.

The important thing to remember here is that health is not just about what you are taking into your body, it is also about what you are putting out.

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"Imagination is more important than knowledge."

* Albert Einstein

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